

ADDITIONAL RESOURCES

A BUNDLE OF RESOURCES

AND INFORMATION



SAMPLE LITERATURE

The following few pages contain sample outreach materials that you and your partners may want to borrow ideas from. The FNS materials shown here and many more are available free of charge at our web site at: www.fns.usda.gov/fsp/outreach.htm. You can add your store name and logo as well as a phone number and contact information to any of the FNS materials.

New York State



MAXIMUM INCOME ELIGIBILITY GUIDE
(October 1, 2009 - September 30, 2009)

Household Size	Take-Home Pay	Monthly Income	Annual Income
1	\$275	\$1,010	\$12,120
2	\$340	\$1,270	\$15,240
3	\$405	\$1,530	\$18,360
4	\$470	\$1,790	\$21,480
5	\$535	\$2,050	\$24,600
6	\$600	\$2,310	\$27,720

Your allowed maximum income may be higher than those listed above if someone in your household is 60 or older or receiving disability benefits.

BENEFIT

RECEIVED FROM THE NEW YORK STATE DEPARTMENT OF SOCIAL SERVICES

The Food Card

PAID for by the FOOD CARD

CALL TOLL FREE
1 866 FOOD NYC
(1-866-366-3692)

It also pays to check out:

- Using the FOOD CARD for fresh produce at farmers' markets throughout NYC.
- Free school breakfast and free or low-cost lunch every day for all NYC public school students.
- The Women, Infants and Children (WIC) program: call 311, NYC's helpline.
- Free or low-cost health insurance from HealthStar: call 311, NYC's helpline.
- Free tax assistance at CFC's Money Central: call toll free 1 866 WAGE PLUS (1-866-991-3758).

Funding provided by the New York City Council, the New York City Human Resources Administration, the Office of Food Preparation and Policy Coordination and the United States Department of Agriculture.

cfr
COMMUNITY FOOD RESOURCE CENTER
Providing help to residents food and income issues
212 894 8200
WWW.CFRNYC.ORG

Plastic bags like this one can be used to distribute outreach materials.



It Pays to Check it out

Call toll free: 1 866 FOOD NYC
(1-866-366-3692)

The FOOD CARD is FREE
And can save you thousands of dollars a year!

Are you one of the thousands of New Yorkers who would qualify if they would just apply?

It's now easier to:

- APPLY** - online, by mail, or in person
- RECEIVE** - higher income eligibility
- USE** - CFC's 24-hour helpline

- The average benefit is \$180 per person per month, depending on income and family situation.
- You may apply at any NYC Food Stamp Program office.
- You may be eligible even if you own a home or a car.
- You may apply even if you have no income.
- You are not restricted to public assistance, food stamps, or other benefits.
- If you, under 18, are a child of a public assistance recipient, you may be eligible for your own Food Card.
- Food stamps for nonpublic assistance recipients are available at the same time as food stamps for public assistance recipients.

FOR MORE INFORMATION
CALL TOLL FREE
1 866 FOOD NYC
(1-866-366-3692)

If you already have a Food Stamp Card, you do not need to reapply.

If you receive Food Stamps without Food Stamps, you may be eligible for a new Food Card.

Food stamps for nonpublic assistance recipients are available at the same time as food stamps for public assistance recipients.

You can easily produce brochures like this one to distribute in grocery bags or at outreach events.

Many retailers choose to hand out cards like this one at check out stands.



Sample Handouts

[illegible]

**ФУДСТЕМПЫ
ДЛЯ
ИММИГРАНТОВ**

Большинство иммигрантов считают теперь своим долгом иметь фулстемпы.

Что изменилось? Напомним федеральный закон от 11 июля 1993 года, позволяющий им пользоваться фулстемпами, у Вас может быть право на получение фулстемпы:

- Начиная с апреля 2003 года, у Вас может быть право на получение фулстемпы, если Вы являетесь резидентом в США в течение 3 лет;
- Начиная с октября 2003 года, у Вас, если Вы достигли 18 лет, может быть право на получение фулстемпы.

Могут ли Ваши дети, являющиеся резидентами в США, получить фулстемпы, если Вы сами не имеете на это право?

Да. Отныне Ваши дети могут самостоятельно получить документально подтвержденный Выпускной Порядок на Написании международных экзаменов, в университете, или в школе. Ваше письмо, подтверждающее, какое именно количество фулстемпов будет получать Ваш ребенок.

Изменялись ли законы для иммигрантов, уже имеющих право на получение фулстемпы?

Нет! Каждый, кто имел право на получение фулстемпы, по-прежнему может сдать в школу, или в университет с ноября 2003 года, без ограничения по времени или по количеству экзаменов.

Переводит ли Вашнаш штатский переводчик, уже имеющий право на получение фулстемпы, в школу. Таким образом, Вы можете избежать проблем с Вашим ребенком и не платить за перевод.

Моя Письмо о получении фулстемпы не является обязательным документом, и я не обязана им пользоваться. Если я не хочу, я могу отказаться от него, или изменить.

За дополнительной информацией обращайтесь:

- в Ваш местный штатский клуб;
- в Нью-Йоркский клуб Нью-Йоркского университета по вопросам иммигрантов, тел: 3-800-566-7636, или тел: 212-418-8737;
- в Центральное бюро Нью-Йоркского университета, тел: 1-800-342-3009 (только из США).

Дэвид Э. Манн
Университет Нью-Йорка

NY-040-027-0017

NY-040-027-0017

[illegible][illegible]

Food Stamps for Immigrants

The law has changed.

Now more legal immigrants may get food stamp benefits

What has changed?

- If you get disability benefits, you may qualify for food stamp benefits, no matter when you entered the U.S.
- Starting April 2003, you may qualify for food stamp benefits five years after you entered the U.S.
- Starting October 2003, you may qualify if you are under the age of 18, no matter when you entered the U.S.

Can you apply for your children, even if you're not eligible yourself?

Yes! You will need to provide proof of your income and resources so the worker can determine how much your children will receive.

Does the law change the rules for immigrants who are already eligible?

No! Everyone who was eligible before remains eligible now. But beginning in April 2003, there will no longer be any time limit.

Will getting food stamp benefits hurt your chances of becoming a U.S. citizen?

No! Food stamps don't affect your citizenship application or DHS checks.

For more information, contact:

- Your Local Department of Social Services
- The New York Department of Social Services at 1-800-354-6346 or 212-641-8100
- The New York State Office of Temporary & Disability Assistance Food Stamp Hotline at 1-800-365-5889

*George F. Poulos
Director*



Cupones de Alimentos para Inmigrantes

La ley ha cambiado.

Ahora más inmigrantes podrán recibir beneficios de Alimentos para Inmigrantes

¿Cuáles son los cambios?

- Ya están recibiendo beneficios por inmigrantes, tanto pueden recibir los requisitos para recibir los beneficios de alimentos de inmigrantes que residen en la familia en que están viviendo.
- Los inmigrantes en el abril del 2003, están pueden recibir los requisitos para recibir el beneficio de alimentos de inmigrantes, como los requisitos de la ciudadanía o naturalización.
- Comenzando en octubre del 2003, están pueden recibir los requisitos para recibir el beneficio de alimentos de inmigrantes, sin estar en proceso de 18 meses de ajuste.
- Ya están en proceso los requisitos, y pueden están recibiendo el beneficio de alimentos para inmigrantes.

El Propósito principal proporcionar de la ayuda y asistencia (económica) de esas personas que están pueden experimentar la dificultad que los inmigrantes encuentran.

De acuerdo a la ley, ¿quién los está recibiendo para inmigrantes que ya residen los requisitos?

Los inmigrantes permanentes que ya residen los requisitos están, también están recibiendo los requisitos. Sin embargo, los inmigrantes en el abril del 2003, ya están, están recibiendo de alimentos.

¿La alteración de nuestra legislación en un proceso de ciudadanía o recibir beneficios de alimentos de inmigrantes?

El 12 de abril Cupones de Alimentos son alimentos de inmigrantes en cualquier caso la dificultad de la inmigrantes que están el 1963.

Para más información, comuníquese con:

- La oficina local del Departamento de Servicios Sociales
- Oficina Benéfico para la Familia York
1-800-368-7636, o al 718-241-1137
- La Oficina de Inmigrantes y Asistencia para Inmigrantes del Estado de Nueva York.
- La oficina de inmigrantes de la Asistencia Cupones de Alimentos: 1-800-342-3600


(Traducción de la Agencia de Asistencia Social)
 Margaret R. Pineda
 03/03/03



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Sample Handouts

[illegible][illegible][illegible]



이민자들을 위한 푸드 스탬프

많은 사람들이 알고 있습니다.

이제 더 많은 사람들이 이민자들이 푸드 스탬프 혜택을 받게 될 것입니다.

무엇이 바뀌었습니까?

- 먼저 귀하가 집에 혜택을 받는다면, 귀하는 귀하가 집에 비우어 입고있는 사람이 상한일이 푸드 스탬프 혜택을 받을 자격이 있을 것입니다. 2003년 1년 1월 1일 이후에 이민자들이 이민한 푸드 스탬프 혜택을 받은 자격이 있을 것입니다.
- 2003년 10월 1일 이후에 이민한 자는 이민이었던, 귀하는 귀하가 연례 미국에 살고있는지에 상관없이 푸드 스탬프 혜택을 받을 자격이 있을 것입니다.

먼저 귀하가 이민자가 없다면, 귀하는 시민권자인 귀하의 아내를 위해 푸드 스탬프를 받을 한 수 있습니다? 예, 귀하는 남편이 귀하의 자녀가 있거나 아내가 귀하를 신청할 수 있도록 소득 및 다른 정보를 제출해야 할 것입니다.

새로운 형제 자매와 이민 가족을 가지고 있는 이민자들은 또한 귀하가 비우어있는 자격이 있습니다.

이것이 이민 자격을 가지고 있는 모든 사람은 지금 그대로 자격이 남아 있습니다. 그러나 2003년 1월 1일 이후에 새로운 이민자를 포함합니다.

푸드 스탬프 혜택을 얻기 것이 귀하의 귀하 이민권은 이제 귀하를 비우어 있습니다.

이것이 푸드 스탬프 카드, 이민권 신청서는 INS 형식에 귀하를 비우어 있습니다.

귀하의 정보를 포함하여 아래로 연락하십시오.

국회의 사회복합 서비스 센터로

국회의 이민 상담 센터는 1-800-660-7036 또는 212-419-3737

뉴욕 푸드 스탬프 및 이민 서비스

1 000 618 0000 또는 1-800-660-7036

문의 정보만

부속

PHS/02-01-00000


03/01/03

At some of your stores, you may want to provide information in a variety of languages.



Sample Handouts

NYS Wants You to Know About Food Stamps



You may be able to get Food Stamps
1-800-342-3009
NYS Office of Temporary & Disability Assistance

Food Stamp Eligibility is based on income guidelines

Family Size	Monthly Gross Income*
1	\$1,903
2	\$2,219
3	\$2,533
4	\$2,847
5	\$3,161
Each additional person	\$314

*These guidelines are based on 2005 levels and are subject to change.

To request contact 315-475-1179 and request PUB - 4702
NYS Office of Temporary & Disability Assistance
Brian J. Wing, Commissioner

New York State
George E. Pataki, Governor

Other innovative signage includes posters with tear-offs for customers to call for more information at a later time.

New York State El Estado de Nueva York

Wants You to Know About Food Stamps

Desea Informarle sobre los Cupones de Alimentos



You may be able to get Food Stamps
1-800-342-3009
NYS Office of Temporary & Disability Assistance

Food Stamp Eligibility is based on income guidelines

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Brian J. Wing, Commissioner

New York State • George E. Pataki, Governor
Estado de Nueva York • George E. Pataki, Gobernador

Puede ser que usted pueda obtener Cupones de Alimentos
1-800-342-3009
Oficina de Asistencia Temporal y Asistencia para Incapacitados del Estado de Nueva York

La elegibilidad para Cupones de Alimentos se basa en los niveles de ingreso

Tamaño de la familia	Ingreso bruto mensual*
1	\$1,903
2	\$2,219
3	\$2,533
4	\$2,847
5	\$3,161
Cada persona adicional	\$314

*Estos niveles de ingreso se basan en los niveles de 2005 y están sujetos a cambios.

Para solicitar contacte al 315-475-1179 y solicite el PUB - 4702
Para recibir el PUB - 4702, llame al 315-475-1179
NYS Office of Temporary & Disability Assistance • Brian J. Wing, Commissioner
Oficina de Asistencia Temporal y Asistencia para Incapacitados del Estado de Nueva York • Brian J. Wing, Comisionado



Sample Handouts

Massachusetts

Massachusetts retailers hand out numbered cards and ask callers to mention their number when they call. This way they can track their success.

**LOST A JOB?
WORKING TWO JOBS?**



Call the Food Stamp Program at
1-866-950-FOOD
You and your kids may be eligible.

When you call, please refer to your card number below.

49982

**FOOD STAMPS
CAN GIVE YOU
EXTRA MONEY
FOR FOOD**



To find out if you qualify
for the Food Stamp Program call
1-866-950-FOOD
When you call, please refer to your card number below.

39980

**ONE
out of
TEN
FAMILIES**
in Massachusetts Qualified for
FOOD STAMPS



To find out if you qualify
for the Food Stamp Program call
1-866-950-FOOD
When you call, please refer to your card number below.

19982

Nutrition Fact:
**EAT A VARIETY OF
NUTRIENT-RICH FOODS.**

You need more than 40 different nutrients for good health, and no single food supplies them all.

Your daily food selection should include bread and other whole-grain products; fruits; vegetables; dairy products; and meat, poultry, fish and other protein foods.




A message from the Massachusetts Department of Transitional Assistance

Nutrition Fact:
Do you know the Healthful Benefits of Fruits and Vegetables?

The nutritional goodness of fruits and vegetables, with a diet that is low in fat, saturated fat and cholesterol, and that contains whole-grain breads and cereals may:

- Reduce the risk of coronary heart disease
- Lower the risk of some cancers
- Help reduce the risk of certain serious and common birth defects




A message from the Massachusetts Department of Transitional Assistance

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- Lower the risk of some cancers
- Help reduce the risk of certain serious and common birth defects



A message from the Massachusetts Department of Transitional Assistance

Know someone struggling to put food on the table?

For information about food stamps and other free and low-cost food resources, call:

Monday - Friday
8 a.m. to 5 p.m.

Project Bread
FoodSource Hotline
1-800-645-8333

The FoodSource Hotline is funded by the Massachusetts Department of Transitional Assistance

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Sp/E

Para español vea el reverso.



E

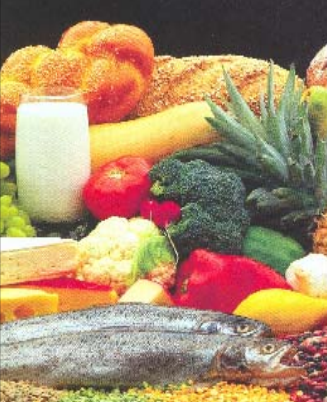


**Your Family
may be eligible
for food stamps...**

To find out if you qualify for
the Food Stamp Program call
1-866-950-FOOD

When you call, please refer to
your card number below

29976



Nutrition Fact:
What is a "Healthy Diet"?
Dietary Guidelines describe
a healthy diet as one that:

- Emphasizes fruits, vegetables,
whole grains, and fat-free or low-fat
milk and milk products.
- Includes lean meats, poultry, fish,
beans, eggs, and nuts; and
- Is low in saturated fats, trans fats,
cholesterol, salt (sodium), and
added sugars

A message from the Massachusetts
Department of Transitional Assistance

**LOST A JOB?
WORKING TWO JOBS?**



Call the Food Stamp Program at
1-866-950-FOOD
You and your kids may be eligible.

When you call, please refer to
your card number below

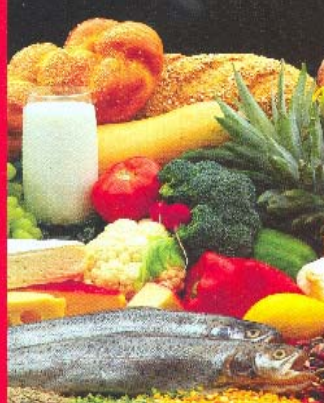
49980

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You need more than 40 different
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Your daily food selection should
include bread and other
whole-grain products; fruits;
vegetables; dairy products;
and meat, poultry, fish and
other protein foods.

A message from the Massachusetts
Department of Transitional Assistance



**GOOD
HEALTH**



Call the Food Stamp Program at
1-866-950-FOOD
to find out if you qualify
and how to apply.

When you call, please refer to
your card number below

59985

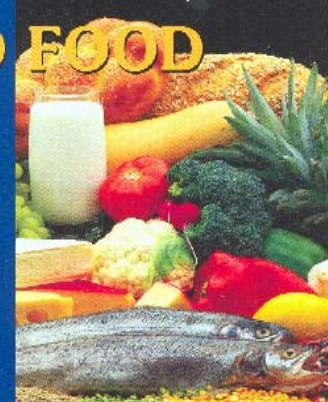
GOOD FOOD

Nutrition Fact:
**EAT A VARIETY OF
NUTRIENT-RICH FOODS.**

You need more than 40 different
nutrients for good health, and no single food
supplies them all.

Your daily food selection should
include bread and other whole-grain products;
fruits; vegetables; dairy products;
and meat, poultry, fish and
other protein foods.

A message from the Massachusetts
Department of Transitional Assistance



Para más información sobre cupones de alimentos y otros recursos
alimenticios tanto gratuitos como de bajo costo llame al

De lunes a viernes
Desde las 8 a.m. a las 5 p.m.

Project Bread 
FoodSource Hotline
1-800-645-8333

La línea directa y gratuita FoodSource es financiada por el Departamento de Asistencia Transitoria de Massachusetts

Sp:05



Rhode Island

Common Food Stamp Myths Concerning Legal Immigrants

These misconceptions might be keeping legal immigrants from applying for food stamp benefits.

Neither my family nor I are U.S. citizens, therefore we can't get food stamps.

Households with legal immigrants may be eligible for food stamps if they:

- ❖ Have been residing in the U.S. for 5 years as a qualified immigrant or,
- ❖ Are serving or did serve in the U.S. Armed Forces or
- ❖ Are receiving disability benefits regardless of their date of entry or,
- ❖ Immigrants who came to the U.S. as a refugee, asylee, or withholding of deportation, and certain other immigrants regardless of when they came to the U.S., or
- ❖ Legal immigrant children, no matter when they came to the U.S., or
- ❖ Legal permanent residents who have worked in the U.S. for at least 10 years

I am not an eligible immigrant but my children are legal citizens. My ineligibility disqualifies my children.

Not true! Your children can still receive benefits! You will have to provide documents about all household members when you apply for your children, but all information is kept confidential.

Receiving food stamps will hurt my chances if I (we) want to become a citizen(s).

An immigrant will not be deported, denied entry to the U.S., or denied permanent status or a "green card" because he or she or their family receives food stamps. The U.S. Bureau of Citizenship and Immigration Services does not consider you a "Public Charge" if you receive Food Stamps.

I heard that a new law would make it harder for immigrants to receive food stamps.

Actually the new 2002 Farm Bill law will allow more low-income non-citizen and legal immigrants to receive food stamps if they meet the Food Stamp Program's income and resource requirements. The law does not change the rules for immigrants who are already eligible.

If I or someone in my household is working, we don't qualify for food stamps.

Not true! Many individuals working full time or part time at low wage jobs throughout the year do not make enough to lift themselves out of poverty. Food stamps are crucial in assisting low-

Immigrant Myths-English
URI Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/05

income households feed their families and are a critical income support when household members have been laid off from work or have had their working hours reduced.

Food stamps have to be applied for in person.

Not so! Households may pick up an application at a local Department of Human Services (DHS) office, may call to receive one by mail, or have someone else pick up an application for them. Once the application is completed, mail it back or drop it off in person as soon as possible. The office will accept the form on the same day you turn it in, even if they cannot interview you on that day. An in-person interview is normally part of the application process. But a telephone interview may be conducted if the head of the household is unable to visit a DHS office because they are elderly, disabled or have work or transportation difficulties.

If I or someone in my household owns a car then we don't qualify for food stamps.

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

If I am receiving food stamps then I am taking money away from someone who is needier than me.

The Food Stamp Program is an entitlement program. Anyone who applies and qualifies will receive benefits.

Still have questions about the Food Stamp Program? Call toll free:

Providence area residents: 222-7276

Newport residents: 849-6000 or 1-800-675-9397

Northern RI area residents: 235-6300 or 1-800-510-6988

Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989

Warwick and South County area residents: 736-6511 or 1-800-282-7021

Immigrant Myths-English
URI Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/05

Common Food Stamp Myths Concerning Elderly Households

These misconceptions might be keeping elderly households from applying for food stamp benefits.

The Food Stamp Program is a welfare program.

The Food Stamp Program is not a welfare program, it is a nutrition program. Its main purpose is to end hunger and improve nutrition and health. It increases a household's ability to buy more nutritious foods from neighborhood food stores.

I will only receive \$10 a month in food stamp benefits.

Fiscal year 2000 statistic showed elderly people who live alone received an average of \$44 per month and elderly people not living alone received an average benefit of \$116 per month.

Food stamps are intended to supply a household with all the food they need every month.

The Food Stamp Program is a supplement to income and cannot be used for non-food items such as diapers, personal hygiene and paper products. However, using food stamps can free up cash normally spent on food for non-food purchases.

I cannot own or be buying a home. If I own or am buying a home, the government will take it.

Individuals can own or buy a home and still get food stamps. The home and its lot are not counted as a resource in the Food Stamp Program. The Food Stamp Program does not require a person to sign away their home.

If I or someone in my household owns a car then we don't qualify for food stamps.

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

I must go to the food stamp office for an interview.

If an elderly person is not able to go to the food stamp office, he or she may request a telephone interview. The person may also ask a relative, pastor, neighbor, etc., to attend the interview as an authorized representative. Applicants for and recipients of SSI may also apply for food stamp benefits at the Social Security Office.

Elderly Myths-English
URI Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/2005

I must be re-certified for food stamp benefits every three months.

If all adult household members are elderly or disabled, the State agency may assign this household a 24-month certification period.

I do not receive credit for medical and prescription drug bills.

Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them.

I am only allowed \$2,000 in resources.

The resources limit for elderly households or households containing one elderly person is up to \$3,000.

Food stamps are only for families with children.

Food stamps are for eligible individuals and families, including the elderly.

If I am receiving food stamps then I am taking money away from someone who is needier than me.

The Food Stamp Program is an entitlement program. Anyone who applies and qualifies will receive benefits.

If I receive food stamps I will not be able to receive meals-on-wheels.

Households can receive food stamps and still get meals-on-wheels. In fact, households who are currently paying cash for their meals can save money because food stamps can be used to purchase the meals.

Still have questions about the Food Stamp Program? Call toll free:

Providence area residents: 222-7276

Newport residents: 849-6000 or 1-800-675-9397

Northern RI area residents: 235-6300 or 1-800-510-6988

Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989

Warwick and South County area residents: 736-6511 or 1-800-282-7021

Elderly Myths-English
URI Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/2005

The University of Rhode Island Feinstein Center for a Hunger Free America is heavily involved in Food Stamp outreach. You may want to partner with your local university also.



Common Food Stamp Myths Concerning the Disabled

These misconceptions might be keeping disabled persons from applying for food stamp benefits.

The Food Stamp Program is a welfare program.

The Food Stamp Program is not a welfare program, it is a nutrition program. Its main purpose is to end hunger and improve nutrition and health. It increases a household's ability to buy more nutritious foods from neighborhood food stores.

I get no special consideration for food stamps if I am disabled.

Most households have to meet both a monthly gross income test and a monthly net income test to be eligible for food stamps. Households with one or more disabled members only have to meet the net income test. The net income test is gross income minus certain deductions. In addition, disabled folks are allowed more deductions than most households.

The amount of money allotted for the time and energy put into the application process is not worth it.

Food stamps can increase a household's ability to purchase more nutritious foods, such as meats, dairy products, and fresh fruits and vegetables. The average amount received by a household containing a disabled member is \$104 per month. The average amount received by a disabled person living alone is \$52 per month.

I am not eligible for food stamps because I live in a group home where my meals are prepared for me.

Not true! Disabled persons who live in certain non-profit group living arrangements (small group homes with no more than 16 residents) may be eligible for food stamps, even though the group home prepares their meals for them. If this is not the case for you, talk to your caseworker or call your local Food Stamp office about your particular living situation. You may still be eligible for food stamps.

Food stamps are intended to supply a household with all the food they need every month.

The Food Stamp Program is a supplement to income and cannot be used for non-food items such as diapers, personal hygiene and paper products. However, using food stamps can free up cash normally spent on food for non-food purchases.

Disabled Myths-English
URI Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/05

Food stamps have to be applied for in person.

Not so! Households may pick up an application at a local Department of Human Services (DHS) office, may call to receive one by mail, or have someone else pick up an application for them. Once the application is completed, mail it back or drop it off in person as soon as possible. The office will accept the form on the same day you turn it in, even if they cannot interview you on that day. An in-person interview is normally part of the application process. But a telephone interview may be conducted if the head of the household is unable to visit a DHS office because they are elderly, disabled or have work or transportation difficulties.

I do not receive credit for medical and prescription drug bills.

Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them.

I am only allowed \$2,000 in resources.

The resources limit for disabled households or households containing one disabled person is up to \$3,000.

If I or someone in my household owns a car then we don't qualify for food stamps.

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

If I am receiving food stamps then I am taking money away from someone who is needier than me.

The Food Stamp Program is an entitlement program. Anyone who applies and qualifies will receive benefits.

Still have questions about the Food Stamp Program? For more information call toll free:

Providence area residents: 222-7276
Newport area residents: 849-6000 or 1-800-675-9397
Northern RI area residents: 235-6300 or 1-800-510-6988
Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989
Warwick and South County area residents: 736-6511 or 1-800-282-7021

Disabled Myths-English
URI Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/05

Common Food Stamp Myths Concerning Low-Income Working Households

These misconceptions might be keeping low-income households from applying for food stamp benefits.

The Food Stamp Program (FSP) is a welfare program.

The Food Stamp Program is not a welfare program, it is a nutrition program. Its main purpose is to end hunger and improve nutrition and health. It increases a household's ability to buy more nutritious foods from neighborhood food stores.

If I or someone in my household is working, we don't qualify for food stamps.

Not true! Many individuals working full or part time at low wage jobs throughout the year do not make enough to lift themselves out of poverty. Food stamps are crucial in assisting low-income households feed their families, and are a critical income support when household members have been laid off from work or have had their working hours reduced.

If I leave welfare I'm no longer eligible for food stamps.

Many families leave cash assistance with the mistaken impression they are no longer eligible for food stamps once they find work. The purpose of the FSP is to end hunger and improve the nutrition and health of recipients. Just like the childcare or medical assistance programs, the FSP serves an essential role in helping low-income families' access to nutritional benefits while transitioning from welfare to self-sufficiency.

Food stamps are intended to supply a household with all the food they need every month.

The FSP is a supplement to income and cannot be used for non-food items such as diapers, personal hygiene and paper products. However, using food stamps can free up cash normally spent on food for non-food purchases.

My neighbors think that food stamp recipients are wasteful and use their benefits to buy junk food, beer and cigarettes.

USDA studies show that low-income households buy healthier food than any other segment of the population. Also, food stamp participants get more nutrients for their food dollars than the average American household.

If I am receiving food stamps then I am taking money away from someone who is needier than me.

The FSP is an entitlement program. Anyone who applies and qualifies will receive benefits.

Low-Income Myths-English
URI Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/05

I am an unemployed single person without children; therefore, I'm not eligible for food stamps.

If you're an able-bodied adult between the ages of 18 and 49, are unemployed, don't have children, and eat your meals alone or with others in the same household, then you may be eligible for food stamp benefits for a limited time.

The amount of money allotted for the time and energy put into the application process is not worth it.

Food stamps can increase a household's ability to purchase more nutritious foods, such as meats, dairy products, and fresh fruits and vegetables. The average amount received by a working-poor family in RI is \$68 per month per person.

Food stamps have to be applied for in person.

Not so! Households may pick up an application at a local Department of Human Services (DHS) office, may call to receive one by mail, or have someone else pick up an application for them. Once the application is completed, mail it back or drop it off in person as soon as possible. The office will accept the form on the same day you turn it in, even if they cannot interview you on that day. An in-person interview is normally part of the application process. But a telephone interview may be conducted if the head of the household is unable to visit a DHS office because they are elderly, disabled or have work or transportation difficulties.

If I have money in a savings account, I have to spend it before I can get food stamps.

Not true! A household is allowed up to a total of \$2,000 in "countable" resources and up to \$3,000 if at least one member of the household is age 60 or older, or disabled. "Countable" resources are cash, stocks, bonds, IRA's, and checking/savings accounts.

If I or someone in my household owns a car then we don't qualify for food stamps.

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

Still have questions about the Food Stamp Program? Call toll free:

Providence area residents: 222-7276
Newport residents: 849-6000 or 1-800-675-9397
Northern RI area residents: 235-6300 or 1-800-510-6988
Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989
Warwick and South County area residents: 736-6511 or 1-800-282-7021

Low-Income Myths-English
URI Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/05



Common Food Stamp Myths Concerning Homeless Households

These misconceptions might be keeping homeless households from applying for food stamp benefits.

The Food Stamp Program is a welfare program.

The Food Stamp Program is not a welfare program. It is a nutrition program. Its main purpose is to end hunger and improve nutrition and health. It increases a household's ability to buy more nutritious foods from neighborhood food stores.

I am not eligible for food stamps because I do not have an address.

Being homeless does not mean that you must go hungry. You do not need a fixed address to be eligible for food stamps.

A friend told me that owning a car makes me and my family ineligible for food stamp benefits.

Not true! As of October 6, 2003, one car for each adult in the household (up to 2 adults) may have the value of their vehicle waived. This means the value of the vehicle will no longer be considered when your DHS worker determines if you are eligible for the Food Stamp Program.

I don't have a place to cook and sometimes I stay at a shelter that provides meals. I bet this makes me ineligible.

Not so! You do not need a place to cook. Food stamps can help homeless households buy food at stores, purchase prepared meals at certain group dining centers and food from meal delivery systems. Food stamp benefits can be used to buy many nutritious foods that don't need to be cooked, for example: juices, milk, fruits, vegetables, canned meats and fish, cheeses, yogurt, and bread. Also, if you stay at a shelter run by a non-profit group, you may qualify for food stamp benefits.

If I have money in a savings account, I have to spend it before I can get food stamps.

Not true! A household is allowed up to a total of \$2,000 in "countable" resources and up to \$3,000 if at least one member of the household is age 60 or older or disabled. "Countable" resources are cash, stocks, bonds, IRA's, and checking/savings accounts.

Homeless Myths-English
URC Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/05

Identification must be provided when applying for food stamp benefits and I don't have any.

You do not need to have a driver's license or birth certificate to apply for food stamp benefits. You may verify who you are by having someone identify you. Shelter staff can provide this information. However, you will need to know your Social Security number or apply for one. Shelter staff can provide assistance on how to obtain a Social Security number.

I need help right now, but it takes "forever" to get food stamp benefits.

Not true! If you have less than \$150 in monthly gross income and not more than \$100 in liquid resources (for example cash, checking/savings accounts, etc.), you may be able to qualify for **Expedited Services**. This means you can receive help within 7 days. However, if your income and resources are too high for expedited service, then you should receive your benefits within 30 days.

Food stamps have to be applied for in person.

Not so! Households may pick up an application at a local Department of Human Services (DHS) office, may call to receive one by mail, or have someone else pick up an application for them. Once the application is completed, mail it back or drop it off in person as soon as possible. The office will accept the form on the same day you turn it in, even if they cannot interview you on that day. An in-person interview is normally part of the application process. But a telephone interview may be conducted if the head of the household is unable to visit a DHS office because they are elderly, disabled or have work or transportation difficulties.

Still have questions about the Food Stamp Program? For more information call toll free:

Providence area residents: 222-7276

Newport residents: 849-6000 or 1-800-675-9397

Northern RI area residents: 235-6300 or 1-800-510-6988

Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989

Warwick and South County area residents: 736-6511 or 1-800-282-7021

Homeless Myths-English
URC Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/05

DOCUMENTS NEEDED FOR YOUR FOOD STAMP APPLICATION

When you apply for Food Stamps, your DHS worker may ask to see the following documents for each member of the household:

- 1) Proof of identity and verification of citizenship or alien status such as birth certificate, drivers license, US Passport, visa, or resident alien card
- 2) Social security number, or proof that an application for one has been made
- 3) Proof of Rhode Island residency and housing costs, such as rent or mortgage receipt and utility bills such as gas, oil, electricity, water, house insurance, taxes, etc.
- 4) Proof of income such as last 4 pay stubs, federal income tax return, award letters for Social Security, Workers Compensation, Temporary Disability Insurance, child support, etc.
- 5) Proof of bank accounts such as bank statements or other documents from any bank, savings & loan or credit union that show current balances in checking, savings, Certificates of Deposit, etc.
- 6) Proof of vehicle ownership or vehicle registration
- 7) If you have someone else caring for your child while you work, proof of childcare costs
- 8) Proof of payment of court-ordered child support such as cancelled checks or money order receipts and a copy of the court order
- 9) Proof of disability, such as a letter from Social Security or a DHS form your doctor fills in
- 10) If over 60 years of age or disabled, proof of medical expenses not covered by health insurance like prescriptions, glasses, hearing aids, and co-payments

Documents Needed for Application-English
URC Feinstein Center for a Hunger Free America
401-277-5427
Revised 2/1/2005

Food Stamp Program Fact Sheet Authorized Representatives

What Is An Authorized Representative?

If you are unable to get to the Food Stamp office or the grocery store, you might want to pick an Authorized Representative. An Authorized Representative is someone you pick to do your grocery shopping with your EBT Card, or to go to the Food Stamp office for you. To designate an Authorized Representative, you must state the authorization in writing.

Who can be an Authorized Representative?

The Authorized Representative you choose should be someone you trust, like a family member or close friend. A trusted worker in a group living facility, or private, non-profit organization could be an Authorized Representative too. They should be aware of your relevant household circumstances, so they can answer the necessary Food Stamp questions.

Who cannot be an Authorized Representative?

Any DHS employee involved in the Food Stamp Program and retailers who transact Food Stamps may not be an Authorized Representative unless approved in writing by a DHS Chief Casework Supervisor. Individuals disqualified from the Food Stamp Program for fraud cannot act as authorized representatives. Establishments which provide meals to the homeless may not act as authorized representatives for homeless Food Stamp recipients.

Still have questions about the Food Stamp Program? Call toll free:

Providence area residents: 222-7276

Newport residents: 849-6000 or 1-800-675-9397

Northern RI area residents: 235-6300 or 1-800-510-6988

Pawtucket and East Bay area residents: 729-5400 or 1-800-984-8989

Warwick and South County area residents: 736-6511 or 1-800-282-7021

Authorized Representative - English
URC Feinstein Center for a Hunger Free America
401-277-5427
2/1/2005



All year Food Stamps help to feed the hungry

Food Stamps are available for households with low-incomes (below 130% of the federal poverty level) and less than \$2,000 in resources.

Did you know...

- Everyone who qualifies for food stamps receives them
- There are no more paper stamps; benefits now come on an EBT (debit) card
- Food Stamps are spent locally, helping grocers and families in your community

You can use Food Stamps to purchase food at...

- Grocery stores
- Convenience stores
- Some farmer's markets
- All SERVE sites
- Some senior meal sites

You may qualify for Food Stamps even if you...

- Have a car
- Have a house
- Do not have an address
- Have a job
- Do not have children
- Are not on cash assistance
- Have a criminal record

Food Stamps...

- Help people buy more food
- Can be used with sales and coupons
- Can be saved for up to 9 months
- Are deposited directly into an account each month
- Allow you to purchase food specific to your dietary needs and personal taste.

For more information or to get an application for Food Stamps you can...

- Go online to www.dhs.state.ri.us
- Request one from DHS by calling (401) 462-5300
- Pick one up at a Food Stamp office

Application assistance is available from the Food Stamp Outreach Project, 277-5472.

Important points to remember...

- Interviews for Food Stamps can be done over the phone
- DHS has translators available
- Eligibility guidelines vary for elderly and disabled households
- Some legal immigrants may be eligible for Food Stamps.

2006

January	February	March	April
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7	1 2 3 4	1 2 3 4	1
8 9 10 11 12 13 14	5 6 7 8 9 10 11	5 6 7 8 9 10 11	2 3 4 5 6 7 8
15 16 17 18 19 20 21	12 13 14 15 16 17 18	12 13 14 15 16 17 18	9 10 11 12 13 14 15
22 23 24 25 26 27 28	19 20 21 22 23 24 25	19 20 21 22 23 24 25	16 17 18 19 20 21 22
29 30 31	26 27 28	26 27 28 29 30 31	23 24 25 26 27 28 29
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May	June	July	August
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14 15 16 17 18 19 20	11 12 13 14 15 16 17	9 10 11 12 13 14 15	13 14 15 16 17 18 19
21 22 23 24 25 26 27	18 19 20 21 22 23 24	16 17 18 19 20 21 22	20 21 22 23 24 25 26
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September	October	November	December
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10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16
17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23
24 25 26 27 28 29 30	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30
			31

URI Feinstein Center for a Hunger Free America www.uri.edu/foodhunger
 80 Washington St. Room 302 Providence, RI 02903 (401) 277-5472
 URI Ranger Hall 309 Kingston, RI 02881 (401) 874-5660



Sample Handouts

Yes?

Then you are eligible for a lower rate on your electric and telephone bill!!



To get the A-60 rate for your electric bill please send a copy of your Food Stamp verification letter to **Narragansett Electric**.
You can call them at: **1-800-322-3223**

To get the Life Line Service for your telephone please send a copy of your Food Stamp verification letter to **Verizon**.
You can call them at: **800-870-9999**



- If you need a copy of your Food Stamp verification letter then please call your local DHS office and they will be able to help you.
- Questions? Please call the URI Hunger Center (401) 874-5660

A New Food Stamp Policy May Benefit You!

Do you live in subsidized housing?

Do you pay for your heat or air conditioning?



If you answered Yes to both those questions you may be eligible for a larger Food Stamp benefit.



To find out for sure, send a letter to your caseworker.

Include your name, social security number, and a copy of a utility bill (or your lease if it indicates you pay for air conditioning) and your Food Stamp benefit may increase.

If you have questions about the policy, call the URI Food Stamp Outreach Program, 277-5472.

If you have questions about your food stamp case, call your caseworker or the Department of Human Services information line, 462-5300.



Eat Better Today with the Food Stamp Program!

URI Feinstein Center for a Hunger Free America
Standard Utility Allowance
September 2005
277-5472

Food Stamps Benefits

You'd be surprised who qualifies



The Food Stamp Program helps low-income households eat well by providing extra dollars to buy food.

Elderly (over 60) and Disabled Households

1. Is your monthly household income at or below the guidelines in the chart, after deducting certain medical and shelter expenses?

Household Size	Maximum Monthly Net Income
1	\$798
2	\$1070
3	\$1341
4	\$1613
5	\$1885
6	\$2156
7	\$2428
8	\$2700

2. Does your household have \$3,000 or less in bank accounts, stocks, bonds, etc.?

Family, Married and Single Adult Households

1. Is your monthly household income (before taxes) at or below the amount in the chart?

Household Size	Maximum Monthly Gross Income
1	\$1,037
2	\$1,390
3	\$1,744
4	\$2,097
5	\$2,450
6	\$2,803
7	\$3,156
8	\$3,509
Each Additional	+354

2. Does your household have \$2,000 or less in bank accounts, stocks, bonds, etc.?



If you answered YES To both questions, you may be eligible for Food Stamp benefits!
Call the Department of Human Services, 462-5300, to request an application.
If you have any questions, call the Food Stamp Outreach Project, 874-4990.

Have Your Medical Costs Increased With Your Medicare Part D Enrollment?



Higher Medical Co-Pays and Prescription Costs May Increase Your Food Stamp Benefit

If you are interested in applying or have questions about the policy, call the URI Food Stamp Outreach Program, 277-5472.

Eat Better Today with the Food Stamp Program!

URI Feinstein Center for a Hunger Free America
Medicaid Part D
February 2006
277-5472



K

Are You Eligible For Food Stamps?

If you're having trouble feeding your family because your income is low, Food Stamps can help you find a healthy balance.

***Answer the questions to see if you may qualify:**

- 1) Is your monthly household income (before taxes) at or below the amount in the chart?
- 2) Does your household have \$2,000 or less in bank accounts, stocks, bonds, etc.?

Household Size	Maximum Monthly Gross Income
1	\$1,037
2	\$1,390
3	\$1,744
4	\$2,097
5	\$2,450
6	\$2,803
7	\$3,156
8	\$3,509
Each Additional	+354

If you answered **yes** to both questions, you may be eligible for Food Stamps!
Call DHS at 462-5300 to request an application.

Eligibility guidelines for elderly and disabled households are different...for more information about those guidelines or the Food Stamp Outreach Program call 874-4990.

You may choose to create your own double-sided low cost outreach materials like this one including basic income guidelines.

Did you know...

- You can own a car!
- The Food Stamp program is a nutrition program, not a welfare program.
- If you live in subsidized housing and pay for heat or AC your benefits may increase.
- You can be in between jobs.
- You receive Food Stamp benefits on an electronic card that you use like a bankcard to buy food.
- Your interview with DHS can be done over the phone.
- There are enough Food Stamp benefits for everyone who qualifies - you are **NOT** taking money away from someone who is more needy than you.
- You can have a job.
- You can get Food Stamps even if you don't have children.

Did you also know...

You can contact the office of Food Stamp Outreach at the University of Rhode Island and ask questions concerning eligibility and the application process at: (401) 874-4990.



Food and Nutrition Service



**YOU WERE
THERE FOR US.**

**Now let us be
there for you.**

You or someone you
know may qualify for
food stamps. Find out.
Call **1-800-221-5689**

Food Stamps Make
America Stronger.


**You and Your Family Could Qualify
For Food Stamps If:**

- You have low income or work for low wages.
- You have or will get a social security number.
- You will get a job if you are able and aren't working now.
- You have child or elder care costs, or pay child support.
- You have high medical bills, rent, house payments, or utilities.
- You have a car that's not worth too much.

Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact:

Or call toll-free
1-800-221-5689

 United States Department of Agriculture
Food and Nutrition Service
www.fns.usda.gov
FNS-300
USDA is an equal opportunity provider
and employer.



**A SMALL
REASON TO
FIND OUT IF
YOU QUALIFY
FOR FOOD
STAMPS.**

Call **1-800-221-5689**

Food Stamps Make
America Stronger.

You Could Qualify For Food Stamps If:

- You have low income or work for low wages.
- You are elderly or disabled, and have high housing costs or medical bills.
- You have or will get a social security number.
- You have child or elder care costs, or pay child support.
- You will get a job if you are able and aren't working now.

Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact:

Or call toll-free
1-800-221-5689

 United States Department of Agriculture
Food and Nutrition Service
www.fns.usda.gov
FNS-306
USDA is an equal opportunity provider
and employer.

In addition to flyers and handouts that retailers create on their own or in partnerships, a number of outreach materials are available through FNS.





Food Stamps Make America Stronger.

You or someone you know may qualify for food stamps. Find out.
Call **1-800-221-5689**

You Could Qualify For Food Stamps If:

- You are disabled.
- You have low or fixed income.
- You have high medical bills, rent, house payments, or utilities.
- You have few assets, not counting your home.
- You have or will get a social security number.

If you can't go to the food stamp office, you may send a friend or a relative to talk to the worker. Or, you may be able to talk with a worker on the phone.

Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact:

Or call toll-free
1-800-221-5689

USDA
United States Department of Agriculture
Food and Nutrition Services
HHS-100
USDA is an equal opportunity provider and employer.



Cupones para Alimentos: Nuestra Salud, Nuestra Fuerza.

Usted o alguien conocido podría calificar para Cupones para Alimentos. Averigüelo.
Llame al
1-800-221-5689

Usted y Su Familia Podrían Calificar Para Cupones para Alimentos Si:

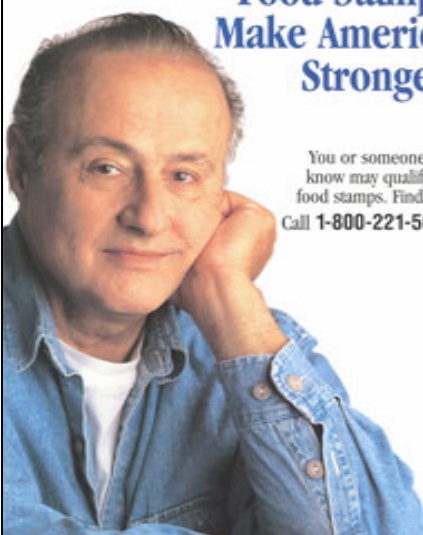
- Usted tiene ingresos bajos o trabaja por salario bajo.
- Usted tiene o obtendrá un número de seguro social.
- Usted obtendrá un trabajo según sus posibilidades y no está trabajando actualmente.
- Usted tiene costos por cuidado de niños o ancianos, o paga por la manutención de un menor.
- Usted tiene gastos médicos, o de renta, o pagos de casa o de utilidades, que son altos.
- Usted tiene un automóvil cuyo valor no es muy alto.

Ciudadanos y muchos inmigrantes legales pueden calificar para cupones para alimentos. Obtener cupones para alimentos no afecta los trámites para obtener su ciudadanía.

Para más información, contacte a:

O llame gratis al número
1-800-221-5689

USDA
United States Department of Agriculture
Food and Nutrition Services
HHS-100
USDA es un proveedor y empleador que ofrece igualdad de oportunidades a todos.



Food Stamps Make America Stronger.

You or someone you know may qualify for food stamps. Find out.
Call **1-800-221-5689**

You Could Qualify For Food Stamps If:

- You are 60 years old.
- You have low or fixed income.
- You have high medical bills, rent, house payments, or utilities.
- You have few assets, not counting your home.

If you can't go to the food stamp office, you may send a friend or a relative to talk to the worker. Or, you may be able to talk with a worker on the phone.

Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact:

Or call toll-free
1-800-221-5689

USDA
United States Department of Agriculture
Food and Nutrition Services
HHS-100
USDA is an equal opportunity provider and employer.





Cupones para Alimentos: Nuestra Salud, Nuestra Fuerza.

Usted o alguien conocido podría calificar para Cupones para Alimentos. Averigüelo. Llame al **1-800-221-5689**

Usted Podría Calificar para Cupones para Alimentos si:

- Tiene 60 años o más.
- Tiene un bajo ingreso fijo.
- Tiene gastos médicos, o de renta, o pagos de casa o de utilidades, que son altos.

Si no puede ir a la oficina de cupones de alimentos, puede mandar a un amigo o a un familiar a hablar con el empleado.

O también puede llamar por teléfono a la oficina.

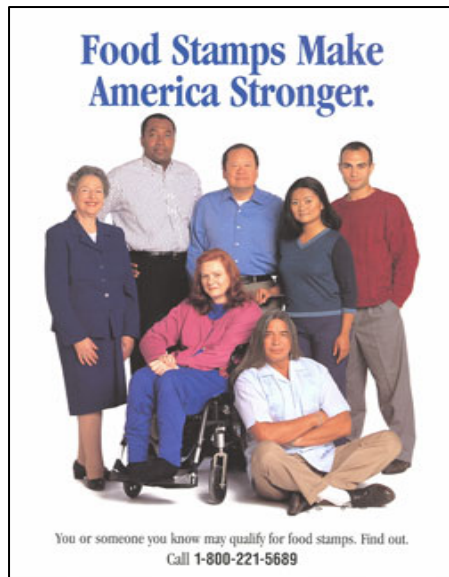
Ciudadanos y muchos inmigrantes legales pueden calificar para cupones para alimentos. Obtener cupones para alimentos no afecta los trámites para obtener su ciudadanía.

Para más información, contacte a:

O llame gratis al número **1-800-221-5689**

USDA United States Department of Agriculture Food and Nutrition Service www.fns.usda.gov FNS-04-001 USDA es un proveedor y empleador que ofrece igualdad de oportunidad a todos.

Food Stamps Make America Stronger.



You or someone you know may qualify for food stamps. Find out. Call **1-800-221-5689**

You and Your Family Could Qualify For Food Stamps If:

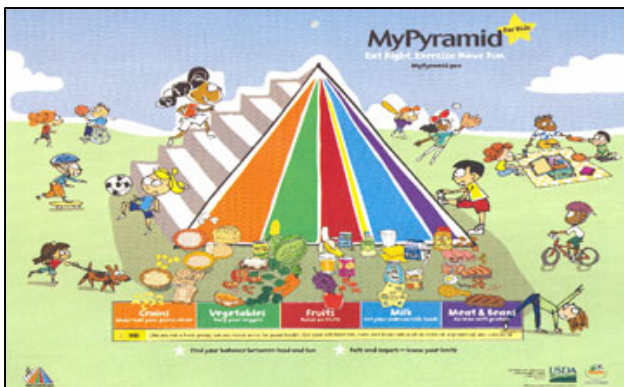
- You have low income or work for low wages.
- You have or will get a social security number.
- You will get a job if you are able and aren't working now.
- You have child or older care costs, or pay child support.
- You have high medical bills, rent, house payments, or utilities.
- You have a car that's not worth too much.

Citizens and many legal immigrants can qualify for food stamps. Getting food stamps won't hurt you if you want to become a citizen.

For more information, contact:

Or call toll-free **1-800-221-5689**

USDA United States Department of Agriculture Food and Nutrition Service www.fns.usda.gov FNS-04-001 USDA is an equal opportunity provider and employer.



MyPyramid

Get it right. Live it right. Move it right.

Grains (white, whole grain, or enriched)
Vegetables (dark green and orange)
Fruits (all colors)
Dairy (low-fat or fat-free)
Meat & Beans (lean meat or beans)

★ Find your balance between food and fun. ★ Get and support it: move your body.

TIPS FOR FAMILIES

EAT RIGHT

- 1 **Make half your grains whole.** Choose whole grain foods, such as whole-grain bread, oatmeal, brown rice, and brown rice popcorn, most often.
- 2 **Wash your veggies.** Eat fresh grains and oranges with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 **Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juices.
- 4 **Get your calcium-rich foods.** To build strong bones, serve low-fat and fat-free milk and other milk products several times a day.
- 5 **Go lean with proteins.** Eat lean or broiled meat, chicken, turkey, and fish. Also, choose your food with more dry beans and peas. Add chick peas, lentils, or tofu to a salad, pasta, beans to a burger, or kidney beans to soup.
- 6 **Change your oil.** We all need oil. Get yours from fish, nuts, and light oil such as olive, soybean, canola, and olive oil.
- 7 **Don't forget it.** Choose foods and beverages that do not have sugar and sodium sweeteners as one of the first ingredients. Adult sugars combine calories with less, if any, nutrition.

BE ACTIVE

- 1 **Get a good challenge.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, handle in the leaves, or play catch.
- 2 **Take the President's Challenge as a family.** Track your individual physical activities together and class awards. Go to our website at www.presidentchallenge.org.
- 3 **Establish a routine.** Set aside time each day for activity time—walk, jog, dance, play, or play. Adults need at least 30 minutes of physical activity most days of the week. Children need 60 minutes every day or more days.
- 4 **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or play games. Have a bowling or skating party.
- 5 **Get up a home gym.** Use household items, such as canned beans, as weights. Nuts can substitute for other machines.
- 6 **Move it!** Instead of sitting through TV commercials, get up and dance. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 **Give healthy gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

HAVE FUN!



Sample Handouts

RECIPE: Fruit Dip

PREPARATION TIME: 15

COOKING TIME: 0

SERVINGS: 4

INGREDIENTS

- 8 oz yogurt, low-fat vanilla
- 2 Tablespoons orange juice, 100% juice, frozen concentrate, thawed
- 1 Tablespoon lime juice
- 1/2 Tablespoon brown sugar
- 2 red apples - cored and sliced
- 1 pear - cored and sliced
- 1 peach - pitted and sliced

DIRECTIONS

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.



Food Stamp Nutrition Connection Recipe Finder
<http://grande.nal.usda.gov/foodstamp/Library/recipes.php>

RECIPE: Mexican Pozole Soup

PREPARATION TIME: 10

COOKING TIME: 50

SERVINGS: 10

INGREDIENTS

- 2 pounds cubed lean beef
- 1/8 teaspoon pepper
- 1 tablespoon olive oil
- 1/4 cup cilantro
- 1 large onion
- 1 can (15 oz) stewed tomatoes
- 2 ounces tomato paste
- 1 finely chopped garlic clove
- 1 can (1 lb. 13 ounce) hominy
- 1/4 teaspoon salt

DIRECTIONS

1. In a large pot, heat oil. Sauté beef.
2. Add onion, garlic, salt, pepper, cilantro, and enough water to cover the meat. Cover pot and cook over low heat until meat is tender.
3. Add tomatoes and tomato paste. Continue cooking for about 20 minutes.
4. Add hominy and continue cooking another 15 minutes, stirring occasionally, over low heat. If too thick, add water.

Note: Skinless, boneless chicken breasts may be used instead of beef cubes.



Food Stamp Nutrition Connection Recipe Finder
<http://grande.nal.usda.gov/foodstamp/Library/recipes.php>

RECIPE: Banana Split Oatmeal

PREPARATION TIME: 2

COOKING TIME: 3

SERVINGS: 1

INGREDIENTS

- 1/3 cup dry oatmeal, quick-cooking
- 1/2 sliced banana
- 1/8 teaspoon salt
- 1/2 cup frozen yogurt, non-fat
- 3/4 cup very hot water

DIRECTIONS

1. In a microwave safe cereal bowl, mix together the oatmeal and salt. Stir in water.
2. Microwave on 100% power for 1 minute. Stir. Microwave on 100% power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on 100% power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.



Food Stamp Nutrition Connection Recipe Finder
<http://grande.nal.usda.gov/foodstamp/Library/recipes.php>



Power Panther says... Eat Smart. Play Hard.
www.fns.usda.gov/eat-smart-play-hard

Rustle-Up Good Grub!

and get moving!

WILD WEST Word Search

Use your pencil to rope the hidden words in the puzzle.

WORD LIST:

- chili
- beans
- fishing
- running
- tortilla
- cheese
- cornbread
- horseback-riding
- oatmeal
- beef
- tomatoes
- camping
- swimming
- rice

H	T	A	X	O	H	X	O	B	L	F	Z	A	H	K
O	U	C	O	W	I	D	T	D	A	A	C	C	E	
S	Y	E	D	I	F	C	M	O	E	E	F	L	S	H
E	P	E	C	T	C	Q	E	Y	E	I	C	N	N	
B	L	S	S	Z	O	Z	A	E	E	S	A	A	T	
A	K	E	Q	P	R	K	L	B	E	R	H	M	K	F
C	W	Z	C	L	N	J	D	W	C	O	I	P	E	R
K	Q	A	S	I	B	U	R	S	R	L	N	I	S	D
R	T	A	R	M	R	U	N	N	I	N	G	H	E	
I	O	B	S	D	E	E	S	Y	P	I	A	G	Y	N
D	R	T	O	M	A	T	O	E	S	E	M	L	S	V
I	O	F	H	W	D	C	I	U	B	E	I	Y	T	E
N	S	W	I	M	M	I	N	G	G	X	L	Q	E	R
G	I	B	S	Q	V	T	O	R	T	I	L	L	A	X

Toasted Cheese and Tomato Sandwich

Recipe:

- 2 slices of whole wheat bread
- 2 slices of American processed cheese
- 1 slice fresh tomato

Instructions:

- Toast the bread lightly. Dip one slice of bread with 1 slice of cheese, 1 slice of tomato, and another slice of cheese as shown.
- Pop in the microwave until the cheese melts (about 15 seconds). Allow sandwich to cool.
- Cover with the other slice of bread.
- Enjoy with a glass of milk and a piece of fruit.

Tip: Make your moves! Be physically active at least 60 minutes a day.

Funnies

Q: Why couldn't the pony sing?

Power Panther says... Eat Smart. Play Hard.
www.fns.usda.gov/eat-smart-play-hard

Food and Nutrition Service
The USDA is an equal opportunity provider and employer.

Remember to wash your hands before and after handling food.

For more information, visit www.fns.usda.gov/eat-smart-play-hard

Power Panther says... Eat Smart. Play Hard.
www.fns.usda.gov/eat-smart-play-hard

Pack Your Snacks & Go!

Snack Mix

Tip: Pack carrots, nuts, or dried fruits for a snack at school or play.

Snacking with Power Panther

Fill in the missing letters. Use the clues below to find some of Power Panther's favorite travel snacks.

Down:

- Fruit that grows on a vine and rhymes with "apes."
- A long, green vegetable that begins with "c" and the end rhymes with "see."
- Fruit that grows on a tree and is as juicy as can be.

Across:

- Food made from milk and begins with "Yog."
- A type of cookie whose name begins with "gra" and tastes great with milk.
- These orange vegetables grow underground and when eaten make a crunchy sound.

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Q

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